

Women Infants Children

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cdhd.idaho.gov

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Central District Health Department

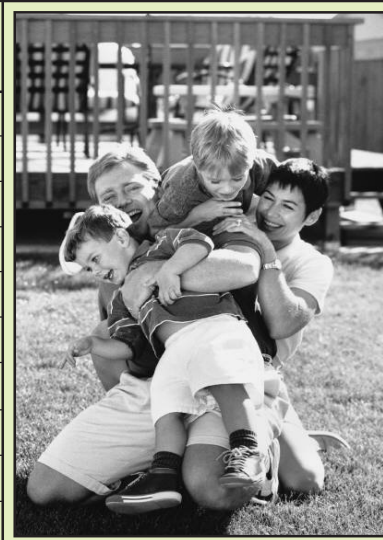
The WIC Informer

IDAHO WIC PROGRAM INCOME ELIGIBILITY GUIDELINES

Effective July 1, 2005

More Idaho families may be eligible for the special nutrition program that can help them save money, eat well and stay healthy. Idaho's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) implements new income guidelines effective July 1 that raise the household income eligibility limits.

Household Size	Monthly Gross Income
1	\$1,476
2	\$1,978
3	\$2,481
4	\$2,984
5	\$3,486
6	\$3,989
7	\$4,491
8	\$4,994
9	\$5,497
10	\$5,999

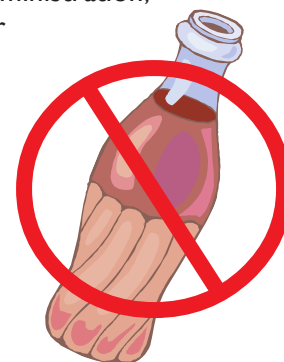


☞ A pregnant woman is counted as two when determining household size.

Did You Know???

According to studies sanctioned by the Food and Drug Administration, excessive consumption of sweetened soft drinks is a major contributor to obesity, especially among teenagers. The typical teen consumes approximately two 12 oz cans of soft drinks per day, containing 300 calories and 20 teaspoons of sugar.

Although current guidelines recommend a limit of 10% of daily calories from added sugars, soft drinks alone account for 18-20% of children's daily calories.



Clinic Locations & Hours

Ada County

Central District
Health Department
707 N. Armstrong Pl.
Boise, Idaho 83704
Tel (208) 327-7488
Fax (208) 321-2243

Clinic Hours:

Mon 8:00-6:00
Tues 8:00-6:00
Wed 8:00-7:00
Thur 8:00-6:00
Fri 8:00-5:00

Boise County

Contact Ada County Office
to schedule an appointment
(208) 327-7488
(208) 321-2243

Elmore County

Mountain Home
Health Department
520 E. 8th Street
Mountain Home, Idaho 83647
(208) 587-4409
Fax (208) 587-3521

Clinic Hours

Mon – Fri 8:00-5:00
1st & 3rd Wed. 9:00-6:00

Mtn. Home Air Force Base
Consolidated Support Center
Building 2610
Tel (208) 587-4409

Office Hours

Tues & Thurs 9:30-3:30

Valley County

McCall Health Department
703 N. 1st Street
McCall, Idaho 83638
Tel. (208) 634-7194
Fax (208) 634-2174

Office Hours

Tues & Thurs 8:30 – 6:00

*Clinics closed
all government holidays*

Breastfeeding

Continuing To Breastfeed After Returning To Work Or School: A Recipe For Success!

With all of the wonderful benefits breastfeeding provides to moms and babies, more and more moms are choosing to continue breastfeeding when they return to work or school. WIC provides manual breast pumps free of charge to women who are breastfeeding and working or going to school. To schedule an appointment to receive a manual breast pump, a WIC client should simply phone her local WIC office.



It is also helpful to schedule an appointment with one's employer before returning to work. The breastfeeding mom should be prepared to discuss:

1. How she is planning to combine breastfeeding and working - for example, whether she is planning to pump at work or nurse her baby onsite.
2. Address any concerns the employer has regarding her desire to pump at work or nurse her baby on site.
 - Discuss with the employer that breastfed infants have fewer illnesses and moms miss work less often than they do with formula fed infants.
 - Breastfeeding moms also report more satisfaction with their jobs and increased loyalty to their employers.
 - Studies have shown an average savings of \$400.00 per breastfed baby in health care costs for employers.
3. Since the law does not require businesses to give women extra break time for pumping, the employee should be prepared to offer to come in early or stay late to make-up lost time when necessary.
4. The employee should discuss where she should store her breast milk (insulated bag with ice packs or break-room refrigerator).



manual breast pump

5. The breastfeeding mom should ask if there is a private space she can use to pump or nurse. If a separate private room is not available, consider other options. If she has her own private office, see if she can pump there. If the door doesn't lock, she can hang a sign outside her door when pumping or see if the employer will have a lock installed so no one will accidentally walk in on her. As a last resort if there is no place available at work, she could purchase car window shade covers and pump or nurse inside her car.

MAKING THE MOST OF MEAL TIMES

Meals and mealtimes can often be a challenge, especially if you have young children. But mealtimes together can also be the best times for your family to connect with each other, and teach good eating habits at the same time.

Here are some suggestions for improving mealtime:

- 1. Plan nutritious meals by including all food groups (meats, vegetables, fruits, grains and milk)** - Some children may be 'picky' eaters, but the more you serve a variety of foods, the more likely they will be to eat them. After planning your meals, make a list and try to stick to it when you shop.
- 2. Involve even small children in the meal preparation** – Encourage and help younger children to wash their hands before helping and then ask them to help you with measuring or mixing ingredients. If they help with the meal, they may be more likely to eat it.
- 3. Start dinner with everyone sitting at the table without distractions** – Turn off the television and radio so everyone can talk together. Let the phone ring. Make mealtime a place for pleasant conversations and sharing the good things that happened that day.
- 4. Try not to worry too much about messes** – If you have young children that are just starting to show their independence at mealtimes, set the chair on a towel or piece of plastic to make clean-up easier. Allow preschoolers and toddlers to serve themselves and help them when they ask for it.
- 5. Model and encourage children to try foods, but do not force them** – Encourage children to try new foods, and let them know if they don't like it they can spit it out. By making it 'safe' to try new foods, they may be more likely to try something else next time.
- 6. Let each child determine when they are done eating** – Infants and children know best when they are hungry and when they are full. By paying attention to what they are communicating to you, you will be able to support them to become healthy eaters. Decide on a reasonable time you would like them to stay at the table, even if they are done, but remember their age and attention span when setting the time.
- 7. Encourage children to help with clean up** – Even if it is putting their spoon in their bowl or carrying their cup to the kitchen sink, having everyone help clean up can make everyone feel part of the team.



Meals Matter – Meal Planning Made Simple!

Meals Matter is an online gathering place for planning and preparing healthy meals. The meal planning website is for individuals or families interested in making simple yet healthy meals. The FREE tools and resources help bring the principles of healthy eating to life.

- Receive nutrition notes customized to the needs and interests of your family
- Discover thousands of new, exciting and healthy recipes
- Use the meal planning tools to plan ahead for healthy eating.
- Find plenty of resources on health, lifestyle, food and physical activity
- Get quick meal ideas that have been hand-picked for convenience, good taste and nutrition.

Simplify meal planning without giving up good nutrition or taste!

More information available at www.mealsmatter.org

Provided by Dairy Council of California – Healthy Eating Made Easier.

Recipes

SOUTHWESTERN BLACK BEAN SALAD

(Makes 4 main-dish servings)

Beans, of all varieties, are natural and tasty additions to salads. This salad is substantial enough to serve as a light main dish.

1/2 cup light ranch dressing
1 large tomato, cut into bite-size wedges
1 (15-ounce) can black beans (or cooked), drained and rinsed
1 cup frozen corn, thawed
1 red bell pepper, chopped or cut into strips
4 green onions (including stem), sliced
1 package (5-ounces) salad greens
1 cup sharp cheddar cheese, regular or reduced fat, coarsely shredded
Black pepper, to taste

In a large bowl, combine all salad ingredients (EXCEPT cheese and black pepper) with ranch dressing. Divide between large salad plates and top with cheese. Pass black pepper, preferably in a pepper grinder, so people can grind their own.

TIPS:

Approximately 8 cups of salad greens may be substituted for the package of salad greens. To thaw frozen corn quickly, place it in a colander, run cold water over it for about 30 seconds or until thawed, and shake off the excess water.

Recipe from: University of Nebraska Cooperative Extension in Lancaster County, Nebraska

CHINESE CHICKEN SALAD

Ingredients

4 ounces cooked chicken breast, shredded
2 cups dark leafy greens, torn into bite-size pieces
1 to 2 green onions
2 tbsp. toasted sliced almonds
1 celery stalk, thinly sliced
3 radishes, thinly sliced
Rice Vinegar Dressing
1 can mandarin oranges, drained (optional)

Rice Vinegar Dressing:

1/2 cup rice vinegar
2 Tbsp. soy sauce
3/4 c vegetable oil
2 tsp. sugar
1 pressed or finely chopped clove of garlic
1/4 tsp. ground ginger

Preparation

Chinese Chicken Salad: Combine chicken with lettuce, onion, almonds, celery, oranges, and radishes. Pack in an air-tight container. Prepare dressing ahead of time but don't put it on salad until ready to serve.

Rice Vinegar Dressing: Combine all ingredients in a small container with tight fitting lid and shake until well blended. Place on salad when ready to serve.

Total Preparation Time : 15 to 30 minutes

Actual Cooking Time: 15 to 30 minutes

Number of Servings: 2

Upcoming Breastfeeding Events:

World Breastfeeding Week is August 1 through August 7. WIC will be giving away some promotional items and providing information about World Breastfeeding Week activities in the community.

The Rock and Relax Booth will be open at the Western Idaho State Fair at the fairground for breastfeeding moms and babies. Fair dates are August 19 through August 27. This year the booth will have a new location. The booth will be in the Western Town Building, which is located behind the Main Exposition Building. Please come visit our volunteers from Central District Health Department on Saturday August 20!